

# Winchester Seniors Association, Inc.

## ANNUAL REPORT APRIL 1, 2022—MARCH 31, 2023

### The Year in Review

Have you noticed the buzz of increased energy flowing through Winchester over the past year? That would be the Jenks Center, bursting with renewed activity, as 2022-2023 saw the return to more “normal” life for our community. With a “good riddance!” to the pandemic, the Winchester Seniors Association (WSA) is proud to report that the Jenks Center is fully back in action and busier than it has ever been!

Without a doubt, growth has been the prevailing theme of the past year. We attribute this growth to three key areas: 1) creativity and commitment of our staff, volunteers and partner organizations, especially Winchester’s Council on Aging (COA); 2) support from our donors large and small, including grants received from the Cummings Foundation, the John and Mary Murphy Foundation, the En Ka Society, the Winchester Cultural Council, and the Winchester Mount Vernon House; and 3) lessons learned from our pandemic experience that spotlighted the importance of including virtual and hybrid channels to flexibly aid and enrich the lives of older adults. All these elements have enabled us to serve broader audiences with different needs and preferences.

The results have been rewarding. For example, by the end of this fiscal year, we were reaching a record number of 4,400 patrons monthly on average through our newsletter circulation. Our exercise classes saw a 66%+ increase in attendance from the previous fiscal year. And to the great delight of all, monthly visitors to the Center returned in leaps and bounds, basically tripling from around 780 in the first month of FY23 to around 2,300 in March 2023. Add to those numbers the many who joined virtual events or watched our programming at home, and the outcome demonstrates remarkable success in serving our mission. We even made inroads in appealing to the younger senior crowd (aged 55 to 70 years), who have been drawn to the Center by a greater array of weekend events and physical activities (e.g. exercise classes, pickleball and ping pong).

In virtuous circle fashion, our talented programming staff and volunteers expanded the wide range of programs, events and activities offered at the Jenks. Some of the highlights from this year include:

- *Educational programs:* We offered a huge variety of educational programs on topics including history, music, art, current events, science, travel and so much more. Favorites included “The Great Wall of Winchester” with Peter Engeldrum, “Art in Bloom” with the MFA, “Birds of Horn Pond” with Neil Hayward and all the Wilson Science & Technology Forum discussions.
- *Recreational activities:* Our patrons are on the move! Physical activities such as pickleball, ping pong, and expanded exercise classes were hugely popular. And many of our pre-pandemic core activities such as card games (bridge, mahjong), movies, bingo, and arts/crafts all attracted happy crowds. One of our favorite new offerings is a weekly Classical Chinese Dance class created together with some of our Chinese-speaking patrons who wanted to introduce their music and dance to others.

- *Social events:* We hosted multiple social events throughout the year, including concerts, day and overnight trips, and celebratory parties like the beloved St. Patty's Day Dinner and National Hot Dog Day Cornhole Tournament. All these events were well attended and provided opportunities for our patrons to connect with one another.
- *Community outreach and partnerships:* Many other events focused on leveraging the strengths and support of others in our local community to benefit our seniors. Partnerships, co-sponsorships, and community outreach initiatives made events like the Festival of Life, the Jenks Holiday Sale, the Thanksgiving Farmers Market, multiple educational sessions with Town leaders, blood drives, vaccine clinics, art exhibits, and even a film premier all possible. And the Jenks was able to host its annual Symposium after a three-year hiatus -- the focus this year was on "Aging Well in Age-Friendly Wincheter." Internally, the Collaborative (comprising leadership from the COA, the WSA Trust (WSAT), the WSA and the Jenks Patron Advocate) launched a new Jenks Strategic Development initiative to address the impacts and challenges for the Jenks as COVID-19 abates and questions about future programming and the use of the Center's physical space arise.

One of this year's greatest achievements saw growth in our hours of operation. Thanks to a very generous grant from the Winchester Mount Vernon House, the Jenks was able to open its doors regularly to patrons on Saturdays starting in October 2022. "Saturdays at the Jenks" have proven to be a huge success, with regular activities including ping pong, pickleball, exercise and mindfulness classes, coffee hour, Lorin Maloney's round table discussions, and Saturday Bridge with Bob Gaudet, as well as special events including various concerts and presentations, the Thanksgiving Farmers Market, and a Winter Concert Series thanks to a grant from the MA Cultural Council and Winchester Cultural Council. Saturday attendance figures started strong from the very beginning, with over 30 people joining the fun in October. That number grew to reach in the 70's by March 2023. We cannot express our appreciation enough to the Mount Vernon House for making this extra day at the Jenks possible.

Looking forward, we are excited to capitalize on the growth and energy generated this year. Broadly speaking, our focus for the year ahead includes:

- Continue efforts focused on our ongoing goals, including better serving our younger senior population, deepening our partnerships with the COA and the Winchester community to support and strengthen initiatives that are critical for seniors, and becoming better at marketing our activities, events and services to reach more people;
- Support the efforts of the new Jenks Strategic Development Team;
- Improve our fundraising capability;
- Anticipate and address "growing pains", e.g. room/space management, staffing needs, and new building policies and procedures.

Finally, in the midst of all this year's excitement, we are struck once again by the strong dedication of our staff and large group of volunteers who make the Jenks the special place it is. We remain very grateful for everyone's contributions. This fiscal year saw the retirement of our WSA Treasurer, Sharon Stone. Sharon was instrumental in bringing a whole new level of professionalism to our financial administration, budgeting, audit process, and reporting. We are a better organization because of her diligence, sound advice, and countless hours of hard work. We thank her for her service.

We close, as is our custom, by asking that we all take a moment to reflect on how this past year affected our Jenks community and to applaud the outstanding efforts of the COA, WSAT and Jenks

Collaborative teams, our own WSA staff and Board, our multiple community partners, instructors and vendors, and the many Jenks donors and volunteers who work tirelessly to keep our seniors safe and healthy and happy.

### **The WSA Board and Staff**

The mission of the Winchester Seniors Association is to improve the quality of seniors' lives by providing a range of stimulating social, educational, and recreational activities. The WSA operates the Jenks Center to achieve that mission. The WSA Board carries out the business of the corporation, oversees the financial stability, and ensures the implementation of its mission.

In FY23, the following WSA Board Officers and Directors served their first year of a new two-year term as voted unanimously by the WSA Board of Directors and Members of the WSA in the May 2022 Annual Meeting:

- Robert Ain, President
- Christine Kowalczyk, Senior Vice President

The following WSA Board Officers and Directors continued with their elected terms:

- Dorothy Mueller, Assistant Treasurer
- Felicity Tuttle, Secretary
- Carol Keller, Member at Large

Ex-Officio members of the board also served their elected term:

- Anne Hoffman, Chairperson, Finance Committee
- Erica Drazen, Past President

The WSA's Treasurer, Sharon Stone, continued her service as Treasurer until her resignation in October 2022. Finance Committee Chair, Anne Hoffman, assumed Treasurer responsibilities as Interim Treasurer upon Sharon's departure.

The WSA Nominating Committee presented the following candidates to serve a new term starting in FY23 that was unanimously accepted by the WSA Board of Directors and Members of the WSA in the May 2022 Annual Meeting:

- Ron Latanision, Member at Large (1 year term)
- Eileen Morris, Member at Large (2 year term)
- Lita Nelsen, Member at Large (2 year term)
- Gail Ockerbloom, Member at Large (2 year term)
- Dan Quinn, Member at Large (2 year term)
- Melodie Wing, Member at Large (1 year term)

WSA staff are responsible for operations of the Jenks Center and all WSA programs:

- Maria Rutnam is the WSA Program Manager. She is responsible for orchestrating the entire suite of the WSA's programs, including the development and the management of a variety of

services, events, trips, classes and activities for older adults in the greater Winchester community. She also manages the WSA's office staff.

- Cathleen Schneller began the year as the WSA's Business Administrator but her responsibilities quickly grew to include a wider range of financial management and technical support duties, resulting in a promotion to Business Manager. Cathleen is responsible for office administration, including payroll, rentals, grant and activity accounting, supporting WSA Board activities and WSA Programming, website management, serving as a pointperson for the Jenks' hardware, software and network infrastructure, and assisting the Treasurer with bookkeeping and finances.
- Hilary Celentano is the WSA's Community Event Coordinator. She is responsible for developing, scheduling and managing evening and weekend programming at the Jenks sponsored by the Cummings Grant, including partnering with local not-for-profit groups for holding public programs at the Center.
- Diane Davies was hired in October 2022 to be the WSA's Weekend Administrator. She is responsible for managing office administration and supervising events/activities on Saturdays.
- Nick Asaro, the Jenks Facilities Manager, continued his leadership in maintaining the Jenks Center, keeping it safe and clean and welcoming for all, with all building operations running smoothly. He is also responsible for ongoing coordination with various contractors, the town DPW, and other outside groups. His team includes Hrachik (Harry) Diloyan, Frederick (Fred) Benson, and newly hired Andrew Gillis.

The WSA is grateful for all our hard working and dedicated staff.

### **COUNCIL ON AGING ANNUAL REPORT (April 1, 2022 – March 31, 2023)**

The Winchester Council on Aging is enabled by Massachusetts statute, established by approval of Article 25 by the Winchester Town Meeting on March 15, 1973, and subsequently formed by appointment of the Winchester Select Board in June, 1973 (hereafter, the "COA"). The mission of the COA is to promote healthy aging, independence, engagement and the well-being of Winchester's older adults and the community that supports them through services, education and advocacy. The COA is governed by an eleven member Board appointed by the Select Board. Professional staff assist the Board in carrying out its Mission.

#### **Staffing:**

Staff consists of the following: director, licensed social worker, registered nurse, transportation coordinator, administrative secretary, senior clerk and two part-time drivers to implement the Council on Aging's programs and services. In addition the COA provides consulting services with a financial counselor and nutritionist. Over 50 volunteers play an integral role in helping staff fulfill the COA mission.

#### **COA Accomplishments/Highlights:**

***Enhancing Nutrition:*** A new congregate dining program "Meet Up Mondays" provides breakfasts and lunches with a suggested donation of \$2. The program was developed after the impact of Covid-19 to

provide an opportunity to socialize with others while enjoying tasty food provided from local vendors (D'Agostinos, Town Pantry, Swanton Street Diner, and more). Developed and run by staff, this program serves approximately 45 patrons each week and is functioning at maximum capacity. Conversations also continue with Minuteman Senior Services about reimagining our "Eating Together Program" that ceased because of Covid-19 and we have asked the Tufts University Friedman School of Science and Nutrition for an intern that was not fulfilled this year.

**Transportation:** Transportation continues to be of paramount importance to ensure healthy aging in place--using the van for medical appointments while the larger Jenks shuttle bus is used for shopping, tours of assisted living communities, cultural events, museums and theatre, Wright Locke Farm, and much more. In the past 9 months 444 trips have been provided on the shuttle bus, primarily for grocery shopping and day trips while 18 volunteers have provided 494 rides for seniors, primarily for medical appointments. The transportation coordinator also sells several hundred taxi vouchers subsidized by the COA and assists with providing "Door to Door" transportation from Somerville for rides throughout the Boston region tailored for older adults with special medical needs, also subsidized by the COA. A Transportation Expo will be offered in April with car-fitting experts and the provision of Charlie Cards with support from Registry of Motor Vehicles, MBTA and State Representative Michael Day's office.

**Support for Ageing in Place/Age Friendly Winchester:** After a three-year hiatus, in November the Jenks hosted its annual Symposium "Ageing Well in Age-Friendly Winchester" to foster Winchester as an Age Friendly Community. Much of the planning was done by the COA, bringing experts in the field of economics, the role of 21<sup>st</sup> century senior centers and Winchester's Master Plan. The panel discussed how Winchester can lead the Commonwealth in being an Age-Friendly community where older adults age healthy with independence, engagement, and dignity in the community of their choice. Over 100 patrons attended the event along with 24 vendors.

The director and social worker met with the former Town Planning Director to develop a survey to measure perceptions of the Town's "liveability" (i.e. improvements to roads and infrastructure). In addition to surveys a focus group discussion provided clarity on impediments to aging in place and a report was provided to the Planning Board. We are hoping this information will inform planning and capital spending for improvements to the Town Center.

**Fostering Economic Security.** For many of Winchester's older residents, economic insecurity, due in large part to high housing costs, is their most important concern. The COA Director continues to serve as a member of the Planning Board's Accessory Dwelling Unit workgroup. The ADU working group helped develop the warrant article passed by the Fall Town Meeting that allows the creation of ADUs for people over the age of 62 and persons with disabilities.

Newly appointed COA Advisory Board Member, Philip Bushey, who also is a member of the Housing Partnership Board provides monthly reports regarding housing opportunities to benefit older adults. The Advisory Board has affirmed its support of housing with proximity to the Town Center and public transportation as well as new, smaller, less expensive housing enabling downsizing and providing greater affordability.

Working with the Winchester Chamber of Commerce, the COA will co-host a new initiative, an Employment Fair for older adults to meet with employers in need of capable employees. We anticipate that this program will be a major success for older adults and local employers.

***Promoting Cultural Competency at the Jenks:*** Fulfilling the third and final year of a Cummings Foundation funded grant to foster cultural competency, the COA continues to witness many positive outcomes. In collaboration with the Winchester School of Chinese Culture, the Jenks is serving the growing Chinese speaking older adult population through ESL instruction and citizenship training to 74 older adults. In addition, more than ten volunteer translators recruited by the Winchester School of Chinese Culture have facilitated translation of the Jenks Center's newsletter into Mandarin and expanded participation in other Jenks Center programs and services.

***Health and Education:*** To promote healthy outcomes for residents, the Jenks continues to partner with the Board of Health that offered a Covid Booster Clinic administering 236 vaccinations. In addition the COA nurse has developed two monthly clinics (blood pressure and glucose testing) with a Chinese speaking nurse volunteer. The nurse continues to offer blood pressure and glucose testing at the Jenks and at Winchester Housing Authority sites. Professionals are retained to provide hearing and vision screenings. Multiple educational programs were provided on legal, financial, and medical topics such as retirement preparedness, Medicare enrollment, healthcare proxies, cyber security, living wills, etc.

***Fostering Community Partnerships:*** The COA/Jenks continues to strengthen community partnerships by hosting multiple events and services with other community service organizations and businesses. Events included multiple blood drives with the Red Cross, attending monthly meetings of the Winchester Cultural District for display of sculptures along the Greenway adjacent to the Jenks, Wright-Locke Farm outings, rotating exhibits from the Griffin Museum, Winchester School of Chinese Culture demonstrations and more. The work above would not be possible without the Jenks Center staff, volunteers and the support of the Town and Winchester's community organizations.

***Planning for the Future:*** The three organizations comprising the Jenks adopted a strategic plan in late 2018 to guide its efforts and mission for the next five years. Because of the seismic impact of Covid-19, the Jenks has made many adaptations to programming (e.g. virtual and outside activities) and to its physical space.

A new strategic planning committee has begun to re-evaluate programs and physical space due to lessons learned from Covid-19 and a surge in patronage, many from the Chinese speaking community. As an initial step, a comprehensive survey is being undertaken to assess perceptions regarding existing and potential programs and services with the goal of receiving over 1000 surveys by mid-year. The survey results and focus groups will help identify what programmatic and structural changes patrons seek.

## Jenks Collaborative

The Jenks Collaborative is a representative team of Jenks leaders established to make recommendations and provide support to the Winchester Seniors Association (WSA), the Winchester Seniors Association Trust (WSAT) and the Council on Aging (COA). This team maintains the goal of strengthening a culture of collaboration among all levels of the Jenks organizations to promote efficiency and maximize the quality of life for seniors.

The Jenks Collaborative was born out of a strategic planning initiative that commenced in March 2018. Recognizing the need for a unifying vision for the Jenks Center to optimize services for Winchester's older adults, leaders from the WSA, WSAT and COA joined together to form a Strategic Planning Team focused on identifying opportunities and assessing best next steps. The outcomes of this initiative included a comprehensive Jenks mission and vision (see below for detail) supported by strategic pillars that outlined a roadmap in pursuit of the unified vision of making Winchester the most age-friendly community in Massachusetts. As significant planning and cooperation among the WSA, WSAT and COA is fundamental to successfully fulfill this ambitious vision, the Plan recommended the formation of "The Jenks Collaborative," consisting of new leadership of the WSA, WSAT and COA, as well as the Jenks Director and an unaffiliated Patron Advocate to represent the interest of seniors.

The Collaborative began its fourth year in April 2022 and continued to meet monthly.

Accomplishments this year included:

- *COVID Safety Policies:* reviewed safety policies (masking, vaccination) for the Jenks Center on a regular basis and made recommendations on any changes to the Jenks organizations' boards. Board votes made the masking requirement optional in October 2022, and the COVID vaccine requirement will be dropped on May 1, 2023.
- *American Rescue Plan Act (ARPA) Funding:* in response to the application submitted by the Collaborative last year, the Town of Winchester awarded the Jenks Center \$25,000 for the fiber optic connection to Town Hall, other Town facilities and WinCAM; meetings with Town officials continued throughout the year but implementation plans have been put on hold until needed hardware can be sourced.
- *Jenks Symposium:* after a three year pause due to the pandemic, the Jenks hosted its annual Symposium "Ageing Well in Age-Friendly Winchester."
- *Jenks Center Usage:* leveraged use of the Jenks Center as much as possible to support our community, including partnering with the Town's Board of Health to hold COVID testing and vaccine clinics and the Red Cross to hold blood drives.
- *Jenks Center Enhancements for the Hearing Impaired:* The En Ka Society awarded the Jenks with a grant to procure hearing assistance equipment that was identified as a solution by the B&G Committee and COA with support from the Collaborative to help patrons with hearing loss participate fully in Jenks programming.
- *Famer's Market Community Fair:* Collaborative members represented the Jenks Center at the Fair in the summer of 2022.
- *Memorandum of Understanding/Use Agreement:* continued discussions to establish written agreements between the three Jenks organizations.
- *Updated Liability Insurance for the Jenks Center:* procured new and comprehensive liability insurance for the Jenks Center.

- *Launched new Strategic Development Team:* identified need to update the 2018 strategy work in a post-COVID environment and initiated a new Strategy Development team in the winter of 2023; first step was to create and launch a comprehensive survey to reassess programs and physical space at the Center.

### **Jenks Center Mission/Vision:**

*Our Mission:* to promote healthy aging, independence, engagement and the well-being of Winchester’s older adults and the community that supports them.

*Our Vision:* Winchester becomes the most age-friendly community in Massachusetts where:

- Aging is viewed and valued as an asset;
- Every resident has the resources to live a meaningful life in their chosen community;
- People of all ages have access to health, transportation, community services, and social supports with no disparity;
- People proactively plan for a productive life of many years.

## **Operations**

### **General:**

The Jenks Center operates with the assistance of amazing staff and volunteers who work on our committees, provide services, and participate on the WSA, WSAT and COA boards. They serve in a variety of capacities including programming, front desk receptionists, events committee, newsletter team, activity coordinator, travel committee, education committee, and more. The Center welcomes new volunteers, encouraging people to match their talents and interests with Jenks opportunities for a rewarding and fun experience.

### **Buildings and Grounds:**

The Building and Grounds Committee (B&G) is a group of volunteers and staff responsible for overseeing the maintenance of the Jenks facility inside and out, as well as keeping everything in good operating condition. The Committee coordinates with the Winchester Seniors Association and Council on Aging, who are responsible for the daily operations and programs within the center, and the Winchester Seniors Association Trust, which owns the building and is responsible for long term maintenance and capital improvements within the facility.

The Committee is tasked with overseeing and negotiating with all vendors and contractors to keep the facility up to date regarding maintenance, tests, inspections, and the day-to-day costs of maintaining the facility. B&G works with the Director of the Jenks Center, the facility manager, and facilities staff to keep things in the best possible condition needed for the many activities that go on at the Jenks Center.

Highlights for 2022 include adapting the building to accommodate new activities for patrons, regular rearranging the rooms to accommodate an increasing number of programs, working with the staff to complete the hearing aid improvement project, and beginning a cleanup effort with town conservation commission and DPW to clean up the waterfront in front of the center to improve the



beautiful view of Judkins pond.

Since the major renovation of the Jenks Center in 2015, our major emphasis is now on proper maintenance of the center as well as monitoring the use of the building to stay in front of future “wear and tear”. Nick Asaro, our facilities manager, has done an excellent job maintaining the center. Nick’s team of Fred Benson, Andrew Gillis, and Harry Diloyan continue to provide the center with friendly and quality service to us all.

The members of the Building and Grounds Committee include Carl Boerner, Justin Magee, Ron Milauskas, Don Nelsen, Dick Norberg, Rob Russo, Dom Piccionne, Phillip Beltz, Nick Asaro, and Charlie Price.

### **Infrastructure:**

**Computer and Internet Infrastructure:** We are continuing the process of updating our systems for both the staff and our connections to the internet. As we write this report in May 2023, we are updating our internet connections with fiber cable to improve the speed of moving data both internally and to our patrons receiving programming from the Jenks.

**A/V Infrastructure:** We continue to use the *Ross Family Grant* for support and enhancement of the Jenks A/V systems. Numerous small projects were completed. We look forward to improving our movie presentation this year through equipment enhancements. Hearing aid assistance equipment has also been installed.

**Jenks Broadcasting System:** Our sophisticated three camera recording system allows us to record programs and rebroadcast the programs on our website. As mentioned above, the fiber connection to the building will make the broadcast of live programming more reliable. The recordings of many of our programs are available on our website.

## **Education Programs**

### **Education Committee:**

The WSA Education Committee continues to offer a variety of topics that foster interest and learning among our community. These programs are supported by a grant from the *John and Mary Murphy Educational Foundation*. This year’s programs included:

- Lafayette and the Farewell Tour with Alan Hoffman (April)
- The Golden Age of Jive with Jhon Clark (April)
- Jewish Experience in Rome with Priscilla Corti (May)
- Sports & Music with Scott Towers (May)
- Highwaymen: Songs and Stories with Matt York (June)
- Eating Patterns for Cardiovascular Health & Mental Acuity with Jessica Dubois (July)
- December ’41 with William Martin (August)
- Latin Music: Rhumba!Samba!Tango! Mambo! With John Clark (September)
- Frank Sinatra with Joe Malone (September)

- Saudi Arabia at the Crossroads with Barry Pell (September)
- History of Pop & Rock Music with Matt York (October)
- Music of Great Depression with John Clark (October)
- Silent Movies with Richard Hughes (October)
- Sicily through the Ages with Casa Mia Tours (November)
- The Great America West with Jane Blair (November)
- History of Holiday Music with John Clark (December)
- Celebrating the Birth of Holiday Music (December)
- Importance of Mindfulness with Neil Motenko (January)
- This Land of Snow with Anders Morley (January)
- Tutankhamun: The lost Treasure with Nate Ramsayer (February)
- Greatest Love Songs of All Time with John Clark (February)
- The Timeless Landscape of the Channel Islands with Barry Pell (March)
- Good Grief: Loving Pets, Here & Hereafter with E.B. Bartel (March)
- Protecting yourself with Fraud & Identity Theft (March)

#### **Jenks Learning Connection Committee:**

The Jenks Learning Connection (JLC) program offers classes for all ages in the Spring and Fall supported by a grant from the *John and Mary Murphy Educational Foundation*. Due to the pandemic, all classes had to be cancelled. The committee worked on resuming the JLC program in Spring of 2023. The following sessions are currently on the schedule: Architecture and Global Influence with John McConnell, Improvisational Quilting with Denise Konicek and Introduction to Gardening with Jessica Zander. Thank you to the JLC Committee Members: Mary Price (Chair), Maria Rutnam.

#### **Computer Technology Committee (“Tech Help Team”):**

This committee focuses on providing IT support through a weekly two-hour drop-in session on Wednesday afternoon. People with questions on a variety of smart devices (phones, PCs, ChromeBooks, and others) received one-on-one in person assistance with a committee member. The Committee members also have taken the lead in upgrading and maintaining the computers available to the public. Thank you to the IT Committee Members: Don Nelsen (chair), John Giles, Anne Hoffman, and Doug Iram.

## **Events**

#### **Events Committee:**

The members of the WSA Events Committee plan and implement several entertainment-based programs for the Jenks community, as well as people of all ages. They hosted the Hot Dog event in July 2022, the Welcome Back party in September 2022 and Saint Patrick’s Day Dinner in March 2023. All these events were well received by all.

Thank you to the Events Committee Members: Anne Lucas (Chair), Phyllis Beedle, Pauline Call, Erica Drazen, June Fitzgerald, Pauline Foley, Mark Gallagher, Lana Jurigian, Shayna Loeffler, Winona Moeller, and Joan Theuer, who made these events successful.

### **Travel Committee:**

The WSA Travel Committee provides a variety of day and overnight trips for Jenks patrons. They planned and organized day trips to Boston Symphony Hall in April 2022, Tanglewood in August 2022 and Cape Cod Train Ride Trip in October 2022. They also planned an over night Trip to Mount Washington Resort Trip in December 2022. Many thanks to Phyliss Zeuli and Caroline Franchi for their hard work in bringing travel back to the Jenks!

### **The Brennan Lecture:**

The Jenks Center's Brennan Lecture is an annual event established in 2000 in memory of Mary J. and Francis (Frank) Brennan, active education advocates in Winchester for decades. They are the parents of John and Tom Brennan, Eileen Brennan Ferrell, and Mary Ann Brennan Newcomb. We look forward to relaunching the Brennan Lecture this upcoming year.

### **Evening/Weekend Events:**

In 2021 we received a 10 Year Grant from the Cummings Foundation. These funds support one part-time staff person, a marketing package and evening/weekend programs. This grant, combined with additional funding allocated from the WSA budget toward evening/weekend programming in 2022 enabled the Jenks to continue extending our programs to reach our working seniors, people aged 55 years and over who continue employment during the day, as well as others in the community. This year's programs were a combination of virtual and in person. They are as follows:

- Vladimir Putin: Corrupt, Competent and Enigmatic with Henry Quinlan (April 2022)
- Shen Yun Performing Arts Presentation at the Wang (April 2022)
- Art in Bloom Tour with MFA (April 2022)
- Composer's Corner with Neely Bruce (April 2022)
- Maritime Concert with David Coffin (April 2022)
- Hermann Dudley Murphy: The Unity of Beauty: Art and Frame with John McConnell (April 2022)
- West Side Story with Debra Block (May 2022)
- Justice Ruth Bader Ginsbergs with Sheryl Faye (May 2022)
- Composer's Corner with Dr. Robert Gross (May 2022)
- Health Plan Options for People with Medicare (May 2022)
- Whales Today Tour with the New Bedford Whaling Muesuem Tour (May 2022)
- Public Meeting for the Winchester Planning and Select Board (May 2022)
- The Biblical Roots of American Constitutionalism with Joseph Livni (June 2022)
- Birds of Horn Pond with Neil Hayward (June 2022)
- Boston Saxophone Quartet (June 2022)
- Composer's Corner with Bob Nieske (June 2022)
- Horn Pond Bird Watch with Neil Hayward (June 2022)
- Summertime with Henry David Thoreau with Richard Smith (June 2022)
- Animals in Art: Wild & Domestic (June 2022)
- The Turner Exhibit with Carolyn Latanision (July 2022)
- Composer's Corner with Ken Field (July 2022)
- Dancer's Dialogue with Sallee Slagle (July 2022)
- Amelia Earhart with Sheryl Faye (July 2022)

- Winchester Cultural Council with Peter Pulsifer (July 2022)
- Gigghein Highlights Museum Tour (August 2022)
- Composer's Corner with Rich Sokolow (August 2022)
- Audrey Hepburn with Debi Block (August 2022)
- MHS Film Club: A Discussion of the Movie 'ACivil Action' with Jonathan Williams (September 2022)
- Sally Ride with Sheryl Faye (September 2022)
- Composer's Corner with Bruce Posner (September 2022)
- An Evening of Songs with David Coffin (September 2022)
- Environment Conversation with Ken Pruitt (September 2022)
- George O'Keefe Museum Tour (October 2022)
- Steven Spielberg with Debra Block (October 2022)
- Composers's Corner with Thomas Beveridge (October 2022)
- Walk with Me: A Biography of Fannie Lou Hamer with Author Kate Clifford Larson (October 2022)
- ADU Housing Presentation with Winchester Town (October 2022)
- Halloween Traditions with Anthony Sammaraco (October 2022)
- Composer's Corner with David Vess (November 2022)
- The Great Wall of Winchester Movie Premier with Peter Engeldrum (November 2022)
- Cabaret Concert with Maggie Galloway (November 2022)
- Thanksgiving Famers Market (November 2022)
- Birds of Ecuador with Neil Hayward (November 2022)
- The Horseless Carriage with Diane Taraz (November 2022)
- Win Power Update with Ken Pruitt (December 2022)
- George O'Keefe with the Museum (December 2022)
- Jenks Holiday Sale (December 2022)
- Tufts Opera with Carol Mastrodomenico (December 2022)
- Compose's Corner with Santiago Bosch (December 2022)
- Met Exhibition and Boston MFA: the Black Potters of Old Edgefield with Michelle at Dev Events (January 2023)
- Composer's Corner wth David Tolk (January 2023)
- The Art and Philosophy of Kintsugi with Shuichiro (January 2023)
- Inferno: The Great Boston Fire of 1872 with Anthony Sammarco (January 2023)
- The Formation, Construction and Opening of the American Heritage Museum with Hunter Chaney (January 2023)
- The Lincoln Presentation with Judge Dennis Curran (February 2023)
- Love Triangles in Classicaal Hollywood Film with Debra Block (February 2023)
- Composer's Corner with Eva Gertz (February 2023)
- The League of Woman Voters Candidate Debate (March 2023)
- Silent Sparks: The Wonderous Life of Fireflies with Dr. Sara Lewis (March 2023)
- Composer's Corner with Robert Klein (March 2023)
- Sauerkraut & Kimchi with Emily Makrez (March 2023)
- Clara Barton with Sheryl Faye (March 2023)

- Island Lore: Shipwrecks, Mayhem, Lighthouses and Photography of New England with Bruce Magnuson (March 2023)

### **Saturday Events:**

In 2022 we received a 3-Year Grant from the Mount Vernon House. These funds support one part-time staff person and one facility staff person. This grant, combined with additional funding allocated from the WSA budget towards Saturday programming enabled Jenks to open the building for a sixth day, extending our programs to reach our working seniors, who continue employment during the week, as well as others in the community. This year's programs are as follows:

- Exercise Classes with Gail LaRocca
- Mindfulness Classes with Neil Motenko
- Pickleball
- Ping Pong
- Origami with Ayan Ghosh
- Bouquet Bar with Diane Davies
- Round Table Discussion with Lorin Maloney
- Wilson's Science & Technology Show and Tell, Electric Vehicles
- Quilting
- Griffin Museum Presentation
- Winchester Farmers Market
- Holiday Sale
- Saturday Bridge with Bob Gaudet
- Big Smile Entertainment Presents Rodgers and Hammerstein
- Music of Love Concert with Peter Bloom and Tim Ray
- Jazz Concert with Nate Ramsayer

### **Activities**

The Jenks Center offers regular activities that provide opportunities for physical exercise, meeting new friends, learning new skills, and more. Most Activities were in person and some continued to be virtual. The following provides a list of these activities and a summary. We appreciate all the volunteers and instructors who make these opportunities available to our community.

#### **Aerobics**

Tuesdays 3:30 pm – 4:30 pm

This program focuses on aerobic routines and other exercises for muscle conditioning, strength training, balance, and stretching. Weights and resistance bands are used. Instructors: Judy Whitney. Cost = \$5.00 per class.

#### **Art Group**

Wednesdays 9:00 am – 10:45 am

This group meets once a week. They bring their art supplies and meet at the Jenks every Tuesdays to unleash their creative side.

**Bridge** Tuesdays & Thursdays, 12:30 pm – 2:30 pm  
The group meets twice a week to sharpen their acuity with a game of bridge. They engage in meaningful social interaction, while strengthening their communication and teamwork skills. Leader: Frank Gages. Cost = \$3

**Canasta** Wednesdays, 1:00 pm – 3:00 pm  
The group meets once a week for a fun and challenging round of Canasta, a card game of the Rummy family that helps exercise your memory and concentration, all while staying socially connected. Cost = Free

**Chinese Classical Dance** Thursdays, 10:30 am – 11:30 am  
The group meets once a week for a fun and entertaining morning of dancing and socialization. Cost = Free

**Coffee & Books** 3<sup>rd</sup> Thursday of Each Month 1:00 pm. *Offered September – June*  
The Informal book discussion group is open to all. Books are available at the Winchester Public Library and the librarians will gladly assist you in locating an audio or downloadable copy. Leader: Ann Wirtanen, Library Director. Cost = Free.

**Conversation English** Mondays & Thursdays 2:00 pm – 4:00 pm  
Experienced speakers engage in conversation to practice speaking and expanding their vocabulary in English. Cost = Free.

**Conversation French** Wednesdays 10:45 am – 12:15 pm  
Experienced speakers engage in conversation. They discuss society, politics, culture, and French movies. Leader: Daniel Parsignault. Cost = Free.

**Conversation German** Thursdays 2:00 pm – 3:00 pm  
Experienced speakers engage in conversation to practice speaking and expanding their vocabulary in German. Leader: Peter Rosenberger. Cost = Free.

**Conversational Italian** Tuesdays, 10:00 am – 11:00 am  
Experienced speakers engage in conversation to practice speaking and expanding their vocabulary in Italian, all while having fun. Cost = Free

**Conversational Spanish** Thursdays, 10:30 am – 11:30 am  
Experienced speakers engage in conversation to practice speaking and expanding their vocabulary in Spanish. Leader: Manuel Diaz. Cost = Free

**Cribbage** Wednesdays, 9:00 am – 12:00 pm  
Group meets weekly to play a card game that occupies a high position among all the traditional card games and has a long-distinguished history. Cost = Free

**Dance Fever** Fridays 3:00 pm – 4:00 pm  
Low impact aerobic workout timed to oldies but goodies and current day tunes. Instructor: Gail LaRocca. Cost = \$5.00 per class.

**FABBS System of Exercise** Mondays, Wednesdays, Fridays 10:00 am – 11:00 am  
The exercise class focuses on flexibility, agility, better balance, and strength. They use chairs as needed and incorporate integrated movements and exercises drawn from Body Building, Yoga, Taijiquan, Ballet Stretch and Strength Training. Instructor: Hilary Celentano. Cost: \$5.00 per class.

**Garden Club** Tuesdays 9:00 am *June through September*  
Weather permitting, the Garden Club meets weekly during the late spring and summer months to plant and harvest fruits and vegetables as well as flowers. In partnership with instructors from Wright-Locke Farm, the Jenks Garden Club is a great opportunity to experience nature at the beautiful outdoor grounds overlooking Judkins Pond. Cost = Free.

**Gentle Yoga** Tuesdays, 9:30 am  
The session incorporates a series of poses, stretching and breathing exercises, which improves balance, flexibility, and strength. Instructor: Ruth Lieberherr. Cost = \$7:50 per class.

**Instructional Mahjong** Fridays, 1:00 pm  
Group meets weekly to practice a skillfull and challenging game. They also reap the benefits of the social aspect of the game. Leader: Carol Ann Stead. Cost = Free

**Library Online** 2<sup>nd</sup> Thursdays Each Month 1:00 pm  
Offers a rotating series of beginner level workshops dealing with new technologies available at the Winchester Public Library. Leader: Nancy McColm. Cost = Free.

**Lorin's Roundtable of Current Events** Thursdays, 11:00 am  
Dialogue on a new topics each week. Learn some history, hear some facts, and share your thoughts. Leader: Lorin Maloney. Cost = Free

**Mahjong** Mondays, 1:00 pm – 3:00 pm  
Group meets weekly to practice a skillfull and challenging hobby. They also reap the benefits of the social aspect of the game. Leader: Vivian Green. Cost = \$2

**Mindfulness Practice** Thursdays, 3:00 pm  
This class is oriented towards the benefits of mindfulness in reducing stress, increasing well-being, and helping us navigate life's challenges with more skill. Each class included a brief presentation on a theme relating to basic mindfulness principles, one or two basic mindfulness meditation practices, discussion and Q & A. Instructor: Neil Motenko. Cost = \$5:00 per class.

**Poetry Group** 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays 1:00 pm  
Recommend poems, recite poems, or write poems. Members discuss certain poets and the many forms of this artistic and emotional literature. Leader: Rosemary Sullivan. Cost = Free

**Quilting** Tuesdays, 1:00 pm – 3:00 pm  
Group meets weekly to engage in the art of creativity. They use their talents and generously donate the quilts they make to various local organizations. Leader: Jane Norberg.

**Slow Flow Yoga**

Fridays, 9:15 am – 10:15 am

This one-hour class incorporates breathing techniques, flexibility, endurance, and strength for healthy aging. Instructor: Andrea Kennedy. Cost = \$5.00 per class.

**Step Aerobics**

Saturdays, 8:30 am – 9:30 am

This program focuses on 30-minute of vigorous aerobic workout using step bench followed by 30-minute of muscle conditioning and stretching. This class was made available on the weekend for working seniors. Instructor: Gail LaRocca. Cost = \$5.00 per class.

**Strength Training**

Thursdays 3:30 pm – 4:30 pm

This program focuses on muscle conditioning, strength training, balance, and stretching, all while seated, standing, or on mats (optional). Weights and resistance bands are used. Instructor: Gail LaRocca. Cost = \$5.00 per class.

**Tai Chi**

Tuesdays &amp; Thursdays 8:30 am – 9:30 am

The class promotes balance, flexibility, and cardiovascular strength, while reducing pain, stress, and anxiety through a combination of movement, meditation, and relaxation. Instructor: Hilary Celentano Cost = \$5.00 per class.

**3 in 1 – Aerobics, Muscle, Strength**

Mondays &amp; Wednesdays, 5:00 pm – 6:00 pm

The class promotes balance, flexibility, and cardiovascular strength, while reducing pain, stress, and anxiety through a combination of movement, meditation, and relaxation. This class was made available in the evenings for working seniors. Instructor: Gail LaRocca. Cost = \$5.00 per class.

**Wilson Science & Technology Group**2<sup>nd</sup> & 4<sup>th</sup> Fridays Each Month 10:45 am – 11:45 am

Discussions about Science & Technology topics ranging from climate change to solar power, and cyber security. Meetings include spontaneous topics as well as planned presentations offered by participants in advance. Leader: Ron Latnision Cost = Free.

**Yoga & Meditative Movement**

Thursdays, 3:00 pm

This class combines classic yoga poses and easy flowing meditative movements drawn from Qigong (chi kung) and Zen yoga. Calming breathing techniques, meditation and balance exercises. A portion of each class involves chair work. Instructor: Marilyn Arnold. Cost = \$7:50 per class.



## **Finance and Audit Committee Report**

The Finance Committee Chair and Interim Treasurer is Anne Hoffman. Our Assistant Treasurer is Dot Mueller. The Finance Committee consists of six members who meet quarterly with additional meetings as needed.

The Committee continues with a conservative approach to our finances. As everyone is aware, the market declined significantly over the fiscal year. At the end of March 31, 2022, the market value of the Investment/Endowment Account was about \$7,200,000. On March 31, 2023, the value was about \$6,500,000, a decrease of about \$650,000 over the previous year. Nevertheless, through our diverse holdings, with an emphasis on short term bonds, we have maintained more than sufficient liquidity to cover the operational deficits that occur each year.

The unaudited deficit for the fiscal year ending March 31, 2023, before endowment fund contribution to operations was about \$112,000 (which incorporates the injection of cash from the ERC discussed below). Deficits are covered through transfers from our endowment and investment funds to the operating account. During FY 2023, we transferred \$200,000 from the Investment/Endowment Account to our operating budget, which represents under 3% of the Fund's value. Our Finances were audited by Walsh & Co, through fiscal 2022. However, the firm's principal, Mike Walsh, retired last fall, and we have engaged a new firm, Barrett & Scribelli, LLC to conduct a review for fiscal 2023. Our audit for the previous year, FY 2022, was completed last summer. We anticipate that the review for the year ending FY2023, will be completed by this summer.

Our Annual Appeal letter was sent to prospective donors once during the last FY in late October 2022. We received approximately \$44,000 in donations, about \$6000 below what was budgeted. Last year we received the second annual installment on the ten-year Cummings Foundation grant of \$35,000, per year, which enabled us to provide weekend and evening programming at the Jenks. The third year begins on July 1, 2023. In addition, we received a 3-year grant from Mount Vernon House in the amount of \$26,500 per year which has enabled us to open on Saturdays for a wide variety of activities and programming. In November 2022, we received Employee Retention Credit in the total amount of approximately \$95,000 (including interest), relating to retaining our employees in fiscal years 2021 and 2022, despite the decline in revenue during the COVID Pandemic. This money was transferred to our investment account.

Many thanks to Cathleen Schneller, Business Manager, for the significant contribution she makes to the financial record keeping and overall success of the WSA.

Finance Committee members: Anne Hoffman (Chair), Robert Ain, David Szabo, David Carlson, George De Redon, and Jeff Leisserson.

**Winchester Seniors Association (WSA)**  
**Unaudited FY Ending 3/31/23**

**Income**

Contributions	\$	44,624
Employee Retention Credit	\$	90,947
Grant Income	\$	67,300
Newsletter Ads	\$	10,765
Programs & Activities	\$	60,955
Special Events	\$	16,231
Travel Committee	\$	16,415
Interest	\$	5,057
Miscellaneous	\$	33,091
<b>Total Income</b>	<b>\$</b>	<b>345,385</b>

**Expenses**

Annual Appeal	\$	4,230
Buildings & Grounds	\$	62,786
Computer-Related Costs	\$	6,074
Center Operations	\$	21,585
Meals on Wheels - excluding payroll	\$	14,464
Payroll, Benefits, Taxes & Fees	\$	229,177
Newsletter	\$	42,003
Programs & Activities	\$	38,196
Grant Expenses, excl Payroll	\$	11,131
Special Events	\$	8,085
Travel Committee	\$	16,774
Miscellaneous	\$	2,566
<b>Total Expenses</b>	<b>\$</b>	<b>457,071</b>

**Net Operating Income (Loss)** **\$ (111,686)**

**Endowment Income**

Interest & Dividends & Other	\$	116,667
Investment Fees	\$	(31,316)
Realized Gains/(Losses)	\$	(32,161)
Unrealized Gains/(Losses)	\$	(481,443)

**Net Income After Endowment Income** **\$ (539,939)**

**Winchester Seniors Association Trust (WSAT) Annual Report FY 2023**

**Winchester Cooperative Bank Checking Account (3234)**

**Cash on Hand April 1, 2022** **\$21,128.84**

**Receipts**

Bank Interest \$18.79

Mount Vernon House Grants \$0.00

Transfers from Fidelity Account \$28,000.00

**Total Receipts** **\$28,018.79**

**Total Funds Available** **\$49,147.63**

**Expenditures**

Maillet Contracting (Roof repair) \$300.00

Burke Property Services \$1,114.64

Burke Property Services \$599.80

Burke Property Services (Exterior repair and paint) \$7,600.00

Saltmarsh Insurance Agency (Business Auto Policy) \$607.00

Flood Insurance \$9,767.00

American Alarm \$4,518.00

Commonwealth of Massachusetts Form PC \$35.00

**Total Expenditures** **\$24,541.44**

**Checking Account Balance March 31, 2023** **\$24,606.19**

**Total Assets of WSA Trust March 31, 2023**

Winchester Cooperative Bank Checking Account \$24,606.19

Fidelity Account (Endowment Fund) \$824,338.71

**\$848,944.90**

**Fidelity Account Balance**

3/31/22 \$924,486.47

3/31/23 \$824,338.71

**Expenses by Category**

Insurance \$10,374.00

Property \$14,132.44

Non-Profit Tax Filing \$35.00

**TOTAL** **\$24,541.44**

## WSA Annual Appeal Donors

Susan Adler	Paul Cahill	Raym de Ris
Louise Ahearn	Marie Cacciola	Donald Demita
Robert and Julie Ain	Donald Calareso	Kenneth Desmond
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Fred Wingerath  
Charles Wolski  
Joseph Wrinn  
Zuheng Wu  
Lily Yamamoto  
Kewen Yao  
Ruth Young  
Philip Yuska

## Acknowledgements

The WSA would not exist without our staff, many generous volunteers, and donors. We would like to thank each and every individual and organization who have supported the Jenks during this year as well as throughout past years.

### Our Committees:

- **AV Committee:** Don Nelsen (Chair), Robert Ain, Peter Engeldrum.
- **Building and Grounds Committee:** Charles Price (Chair), Nick Asaro, Phillip Beltz, Carl Boerner, Justin Magee, Ron Milauskas, Don Nelsen, Richard Norberg, Dominic Piccione, Rob Russo.
- **Computer Technology Committee:** Don Nelsen (Chair), John Giles, Anne Hoffman, and Doug Iram.
- **Education:** Vera Ossen (Chair).
- **Events:** Anne Lucas (Chair), Phyllis Beedle, Pauline Call, June Fitzgerald, Pauline Foley, Mark Gallagher, Lana Jurigian, Shayna Loeffler, Winona Moeller, and Joan Theuer.
- **Finance Committee:** Anne Hoffman (Chair), Robert Ain, David Szabo, George DeRedon, Jeff Leiserson and David Carlson.
- **Jenks Collaborative:** Robert Ain, Phillip Beltz, Tom Howley, Christine Kowalczyk, Betty Minassian, Mary Ellen Rourke-Falvey
- **Jenks Learning Connection (JLC):** Mary Price (Chair), Maria Rutnam.
- **Programming Committee:** Mark Gallagher (Chair), Vera Ossen, Hilary Celentano, Cathleen Schneller, Maria Rutnam.
- **Transportation Committee (COA):** Ted Martin (Chair), Phillip Beltz, Kyran Bergin, Sue Clark, Ron Milauskas, Robert Muise, Maria Reilly.
- **Travel:** Phyllis Zeuli (past Chair), Maria Rutnam, Caroline Franchi, new Chair TBD

### Businesses/Organizations who donate goods and services:

- Cummings Foundation
- En Ka Society
- Griffin Foundation
- Minuteman SHINE
- WinCAM
- Winchester Cooperative Bank
- Winchester Cultural Council
- Winchester Hospital
- Winchester Mount Vernon House
- Winchester Public Library
- Winchester Savings Bank
- Winchester School of Chinese Culture

### Sponsors to events:

- Anne Lucas, Ducks in a Row
- Winchester Cooperative Bank
- Winchester Cultural Council

**Volunteers who managed regular activities:**

- Pauline Call (Garden Club)
- Manuel Diaz (Conversation Spanish)
- Federico Ehrhardt (Conversational Italian)
- Mr. Han (Conversational English)
- Tracey Kinsey (Wright Locke Farm)
- Ron Latanision & Shukong Ou (Wilson Science & Technology Forum)
- Lorin Maloney & Mark Gallagher (Current Events Roundtable)
- Don Nelsen (iPad Help Sessions)
- Daniel Parsignault (Conversation French)
- Peter Rosenberger (Conversation German)
- Carol Ann Stead & Team (Instructional Mahjong)
- Rosemary Sullivan & Siobhan Murray (Poetry Group)
- Phyllis Weinberg (Cummings Event Host)

**Additional Acknowledgements:**

- Jan Porell as Volunteer Coordinator, for assisting with interviewing potential volunteers, developing a database of active volunteers, and matching current openings with volunteers' skills and talents.
- Andrea Witt, Partner at Spano & Dawicki, LLC, provided pro bono legal advice once a month to our patrons.
- The newsletter team for their help in processing the newsletter mailing each month.
- The Town of Winchester for donating COVID 19 Test Kits and Masks.
- Erica Drazen & Team for a successful Holiday Sale.
- The Winchester High School Octets and Chamber Singers for performing at the Drive By Festival of Life Event.
- Speakers who waived their fee for the Cummings Events, including Joseph Livni, Carolyn Latanision, Rich Sokolow, Johnathan Williams, Met Exhibitions and Boston MFA, Hunter Chaney and Eva Gertz.
- Winchester Council of Aging for being an invaluable member of our team!